



DAVIS COUNTY HEALTH DEPARTMENT

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For Immediate Release:
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News Release

Davis County Offers Caregiver Educational Classes

(Clearfield, Utah) – Davis County Health Department's Family Caregiver Support Program is offering a six-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

Presenters will discuss various topics such as identity theft, managing stress, and medication management.

The one hour classes will be offered on Tuesdays starting Jan. 28 at Legacy Village Retirement Living dining room (1201 N. Fairfield Road, Layton) at noon or Thursdays starting Jan. 30 at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. The class series ends Tuesday, March 4, or Thursday, March 6. A light lunch will be provided at all of the classes but attendees must RSVP by each Monday at noon.

For more information or to RSVP, contact Megan Forbush at (801) 525-5088.

Davis County Health Department's Senior Services thanks the following agencies for helping to sponsor these classes: Legacy Village, Golden Years Senior Activity Center, South Davis Home Health and Hospice, Gentiva Hospice, Right At Home, Northern Utah Coalition, Hospice Care of Northern Utah, Apple Tree Assisted Living Center, and Apple Village Assisted Living Center.

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Caregiver classes scheduled at the Legacy Village, Layton:

| Date | Topic | Presenter |
|------------------------|--|---|
| Tuesday, Jan. 28, Noon | Veterans Benefits | Nicole Van Tussell – Right At Home |
| Tuesday, Feb. 4, Noon | Identity Theft | Betty Smauldon – Northern Utah Coalition |
| Tuesday, Feb. 11, Noon | TBA | Gentiva Hospice |
| Tuesday, Feb. 18, Noon | Medication Management | Mindy Gneiting – Apple Tree and Apple Village Assisted Living Centers |
| Tuesday, Feb. 25, Noon | Matters of the Heart | CJ Benson and Denise Cook – South Davis Home Health and Hospice |
| Tuesday, March 4, Noon | How to Manage Stress and Balance Your Life | Angela Shumway – Hospice Care of Northern Utah |

Caregiver classes scheduled at the Golden Years Senior Activity Center, Bountiful:

| Date | Topic | Presenter |
|-------------------------------|--|---|
| Thursday, Jan. 30, 11:30 a.m. | Veterans Benefits | Nicole Van Tussell – Right At Home |
| Thursday, Feb. 6, 11:30 a.m. | Identity Theft | Betty Smauldon – Northern Utah Coalition |
| Thursday, Feb. 13, 11:30 a.m. | TBA | Gentiva Hospice |
| Thursday, Feb. 20, 11:30 a.m. | Medication Management | Mindy Gneiting – Apple Tree and Apple Village Assisted Living Centers |
| Thursday, Feb. 27, 11:30 a.m. | Matters of the Heart | CJ Benson and Denise Cook – South Davis Home Health and Hospice |
| Thursday, March 6, 11:30 a.m. | How to Manage Stress and Balance Your Life | Angela Shumway – Hospice Care of Northern Utah |

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